ABSTRACT

A disc (1) has formed therein a header area (21) in which management information is recorded, and a data area (22) in which content information is recorded. Content information is recorded in units of an access block each including a succession of frames into the data area (22). The leading frame of the access block is taken as a base point of decoding. In the header area (21), there are recorded recording-position information for each access block and output-time information for the leading frame of each access block. At the top of the access block, there are recorded recording-position and output-time information for frames other than the leading frame. Thus, skip reproduction can be done by reading the recording-position and output-time information in the access block into a memory.